

THE ANCHOR NEWS



ST. JOSEPH-LINCOLN SENIOR SERVICE CENTER

3271 Lincoln Avenue
St. Joseph, MI 49085

HOURS OF OPERATION

Monday thru Friday, 8AM to 4 PM

All doors except for main entrance
(Door #1) will be locked at 3 PM

CONTACT INFORMATION

(269) 429-7768

director@sjlsc.org
www.sjlsc.org



VETERAN'S DAY BREAKFAST

Tuesday, November 11th, 9:00 am

Deadline to sign up is November 4th



Starks and Menchinger Funeral Homes will once again sponsor our Veteran's Day Breakfast for Veterans and their spouses. **Mark Casey from Starks Family Funeral Homes and special guest, Steve Herendeen, will be presenting "Welcome Home, Vietnam War."** Veterans and their spouses are invited to join us for a morning of food, fellowship, and heartfelt thanks for those who have served our nation.

Please sign up by Tuesday, November 4th.

ELECTION FOR BOARD OF DIRECTORS

Get ready to vote! Mark your calendars with these important dates for the election of four St. Joseph-Lincoln Senior Service Center Board positions. Please note that members must reside in the SJLSSC service area in order to vote in the Board of Directors election. Areas that qualify for voting are the City of St. Joseph, the Townships of St. Joseph, Lincoln and the north section of Royalton (Marquette Woods Road and north), as well as the Villages of Stevensville and Shoreham.

October 6th, 7th & 8th: Early voting - 8:00 am-3:00 pm

October 9th: Election Day voting - 8:00 am-3:00 pm

October 16th: Board Meeting with Election of Officers - 10:00 am

October 17th: Annual Breakfast - 9:00 am - Meet the new Board Members. **Open to all Members. MUST SIGN UP BY OCTOBER 10th.**

CANDIDATES FOR BOARD OF DIRECTORS

This year we have four seats available, each to serve a three year term. The candidates are Celina Bevelhymer, Pauline Fox, Bob Hopkins, Gary Krokker and Ted Post. We invite members to please take a moment to read the candidate bios displayed near the main entrance and please take the time to vote!

ANNUAL BAKELESS BAKE SALE



You don't need an oven or an apron to participate in the SJLSSC Annual Bakeless Bake Sale! The concept is simple: instead of providing a physical dessert, supporters are asked to make a financial gift of any size to support SJLSSC.

Donations can be made using the envelope provided in this issue of the newsletter. All proceeds will go directly toward the SJLSSC Building Fund to help mitigate rising costs. As a non-profit, SJLSSC relies heavily on the generosity of donors and every donation, no matter the size, will help to make this fundraiser a sweet success.

AROUND THE CENTER

Notes

From the

Board

There are seven Senior Centers in Berrien County. These were made possible by the State of Michigan passing a law that counties could levy a tax on the property of county residents, with voter approval, for senior citizens' support. In 1988, the county put a proposal of .2997 mills before the voters for Senior Centers, and it was approved. The rate has remained unchanged. To clarify, a house in our county with a \$100,000 taxable value will pay the county \$29.97 for Senior Centers each year. The county divides this fund equally between the seven centers. Our Center's share of this payment is \$4.28. Actually, it's a little less...the county withholds a small portion of about \$50,000 to pay an audit firm to perform meticulous annual audits of the seven centers.

Over the years, when we've added new programs and facilities, our generous donors have come through for us. We don't begin projects until we have the funds to complete them. We are so very grateful to our donors for enabling our Center to become what it is and what it offers today. With their help we have grown to become the largest Center in the county. With a nearly 29,000 square foot facility, we are serving more members than any other Center in the county. We currently have over 10,000 members registered in our My Senior Center member list. We have an average of 380 people coming through our doors every day.

We've been accepting an average of about 75 new members every month for the last few years. This growth is an acknowledgement of how well we are doing at adding and supporting new programs and services for our cherished members. With more members to serve every month, the Center has had to add more staff members this year to handle all the tasks necessary to meet these growing needs and keep the Center functioning smoothly.

Our Center couldn't possibly offer all the programs and services our members enjoy every day without the help of our many wonderful and talented volunteers. They put smiles on so many faces every day. They're the best! Our excellent staff listens to our members and comes up with new programs that will continue to draw more members in the future. The addition of these new programs to meet member needs and wants also makes our Center more expensive to operate and maintain. We're also experiencing the impact of inflation, like everyone else, in our utilities, supplies and services.

For this fiscal year, the county pledged \$448,127 millage to support our Center. This amount will cover approximately 72% of our budgeted cash expenses of \$620,800. This puts the Center in a position of having to conduct fundraisers throughout the year to meet our needs. Our one-seventh share of the millage isn't even coming close to meeting our growing needs. We truly appreciate our donors and everyone who supports our fundraisers, but we need to develop a more reliable and steady source of income to build true sustainability into our continuing improvement of everything we offer our members at this outstanding Center. We hope you agree.



Bob Hopkins
SJLSSC Board of Directors

**"To care for those who once
cared for us is one of the highest
honors."**

-Unknown

MEET OUR NEW STAFF MEMBER

Please join us in welcoming Deb Burkhard as Staff Associate!

Hello! My name is Deb Burkhard and I'm so happy to join the Staff at the Senior Center. I recently retired from a career teaching elementary school. I live in St Joseph with my husband Dan. We raised our two children in St. Joseph and we absolutely love it there. In my free time, I enjoy exercising and I've recently started learning to sew. I look forward to getting to know everyone at the Senior Center!



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, October 8th, 10:00 am

A masterful poet and word-smith, Edgar Allen Poe is considered by many to be one of the greatest writers of all time. Poe's classic short story, "The Fall of the House of Usher," is the SJLSSC Book Club featured book for October. In this story, an unnamed narrator visits his afflicted childhood friend, Roderick Usher, who is suffering from a mental and physical illness, as is his twin sister, Madeline. As eerie events unfold, the story delves into themes of mental illness, decay and the supernatural - a perfect read for spooky October! Leading the discussion will be Mary Baker.



COOKIES AND CANVAS

Friday, October 17th, 12:00-3:00 pm

\$20 per person, payable at sign up

NO REFUNDS

Make checks payable to Roy Hruska

DEADLINE TO REGISTER IS OCTOBER 15th

The watercolor painting for the month of October is titled "Sunflower" and is on a 9"x12" canvas. All materials needed for this class are provided. Class size is limited and advance registration is required.



STAMP CAMP

Tuesday, October 28th, 12:00-3:30 pm

\$15 per person, payable at sign up

NO REFUNDS

Make checks payable to Caryn McFall

DEADLINE TO REGISTER IS OCTOBER 24th

Join in the fun and fellowship while creating hand-made greeting cards. In this class you will be making eight cards (two of each design) with envelopes. Halloween, Thanksgiving, and Christmas card designs are offered or create your own designs. Additional papers, embossing supplies, punches, decorative scissors and stamps will also be available. No experience necessary. There will be demonstrations and written instructions. **All participants will work at their own pace. Students will need to bring small scissors and double stick tape to class.** Class size is limited and registration is required.



FOOT CLINIC

By Appointment Only

Blessed Feet, LLC performs Foot Clinics at our Center two times per month. Please contact Jane Sherwin at 269-240-3437 for appointments and with any questions about the service. This service is available to our members, but is not a function of our Senior Center.



LET'S GET PHYSICAL

SJLSSC EXERCISE ROOMS

HOURS OF OPERATION

Monday-Friday 9:00 am-3:00 pm

USING SJLSSC EXERCISE ROOMS EQUIPMENT

Before using the Cardio, Circuit Training or Free Weight room equipment, ALL SJLSSC members are required to sign a Circuit Training Room Waiver AND attend a free, scheduled 30-minute orientation with a trainer to learn how to safely and effectively utilize the equipment. Members must stop by the Exercise Rooms IN PERSON during their hours of operation to schedule an orientation. Please check in at one of the hallway monitors before your initial appointment and each time you use any of these rooms.



CTR EQUIPMENT VIDEOS

Visit the St. Joseph Lincoln Senior Center YouTube page to see the "Introduction of 2025 New Machines" videos, featuring SJLSSC instructor Rocco Pavese. These videos focus on the proper use of each new piece of Circuit Training Room (CTR) equipment in the Matrix Strength Training System. The short videos are intended as an introduction to the equipment in addition to the required in-person, scheduled orientation.



CIRCUIT TRAINING ROOM EQUIPMENT

Looking for a great back, shoulder and arm workout? The versatile design of our **Versa Diverging Lat Pulldown** station makes refining and building lats more effective, efficient and comfortable. Independent



diverging motion encourages a natural, smooth path, while independent arm movement offers exercise variety. An angled seat encourages proper user positioning, and the thigh pad easily adjusts to maximize stability and comfort for users of all sizes. Remember to always ask for assistance if you are in question of how to properly use any of the equipment in our Circuit Training Room.

WE ♥ OUR VOLUNTEERS!

VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

- Art/Craft Classes
- Bingo Set Up & Tear Down
- **Front Door Greeters**
- **Fundraising Committee members**
- Handymen or Handywomen
- Light Ironing
- Newsletter Mailing support
- **Photographer** (for Center events/activities)
- Transportation Drivers
- Wood Shop Hosts

Ready to volunteer at SJLSSC? Talk to Jill, our Volunteer Coordinator, to find the perfect fit for you!



FEATURED VOLUNTEER ROLE:

FUNDRAISING COMMITTEE MEMBER

Do you want to meet new people, contribute to a rewarding team and directly impact the success of our Center? We are seeking passionate volunteers to join our fundraising committee! Your efforts will secure the vital funds needed to sustain and expand our programs and services.

As a committee member, you will:

- Brainstorm and develop creative fundraising ideas and events.
- Engage in donor outreach and relationship development.
- Collaborate with a dedicated team during our monthly meetings to track progress and plan future initiatives.
- **HAVE FUN!**

Ready to put your creativity to work for a great cause? For more information, contact Jill Soghomonian, SJLSSC Volunteer Coordinator.



BACKGROUND CHECKS ARE PERFORMED ON ALL VOLUNTEERS TO ENSURE THE SAFETY OF OUR MEMBERS AND FOR THE CREDIBILITY OF OUR CENTER.

A HEARTFELT THANK YOU TO SJLSSC VOLUNTEER GARDENERS



The flower blossoms, fresh herbs, and abundant vegetables in our Center gardens are not just beautiful—they are a testament to the hard work and dedication of our incredible team of volunteer gardeners.

The SJLSSC flower gardens are a source of joy and purpose for our visitors; providing a peaceful place for quiet reflection and a beautiful gathering spot for enjoying nature. This is all possible thanks to our volunteer gardeners who show up week after week, with trowels and gardening gloves in hand, ready to get to work.

This year, SJLSSC vegetable gardeners went above and beyond. From revamping the Friendship Garden to planting delicate seedlings in the spring to meticulously weeding, watering, harvesting and sharing bountiful produce, their commitment never wavered.

To all of our amazing volunteer gardeners, we hope you know how much you are appreciated. Your generosity makes a real and visible difference in the lives of everyone at our Center.

TRIPS

WHAT'S ON YOUR 2026 TRIP WISHLIST?

It's time to start planning our adventures for 2026, and we want to hear from you! Do you have a fantastic idea for a group tour or a day trip? Let us know!

We're gathering member feedback to create a list of potential trips. You can contribute in two easy ways:

- Fill out a 2026 Trip Survey at the Center. You'll find the forms next to the trip bulletin board.
- Email your ideas directly to our coordinator, Jamie, at coordinator@sjlsc.org.

Remember, for our day trips, we're looking for ideas that are no more than three hours away, ensuring we have more time to explore and have fun.

All suggestions must be submitted by Friday, October 3rd, to be included in the member vote. Suggested trips will be announced in the November newsletter and 2026 trip voting will begin on October 29th and run through November 26th. Thank you for your input!

TRIP WAITLIST

Signing up for a trip waitlist offers an opportunity to secure a spot if a cancellation occurs. Most trips have last-minute cancellations and we often go through the entire wait list trying to fill the trip. If you are interested in a trip that is full, we HIGHLY recommend joining the waitlist.

- **MEIJER GARDENS - DECEMBER 9TH**
- **THE LION KING BROADWAY MUSICAL - APRIL 25TH**

TRIP POLICY REMINDERS

- **UPDATE: As of July 1, 2025, all SJLSSC trips depart from 2807 S. State Street, St. Joseph (located behind St. Joseph McDonald's)**
- All SJLSSC trips are for seniors 60+ and their spouses, unless otherwise noted
- All people signing up for trips must be a member and complete all required documents
- If you are signing up and paying for someone else, you must have their phone number in order to add them to the trip list
- We only accept cash or checks
- Most trips fill quickly, but members are highly encouraged to sign up on trip wait lists, as there are usually cancellations prior to the trip
- **ALL trip cancellations or replacements must be managed by the Senior Center staff, not by travelers**
- **UPDATE: As of August 1, 2025, any cancellations made within 48 hours of a trip departure will not be filled and refunds will not be provided**
- In cases of approved cancellations, if a replacement can be found, refunds less a \$10.00 administrative fee are given
- Trip participants are required to stay with the Center group for all planned activities during the trip



BRITISH LANDSCAPES FEATURING ENGLAND, SCOTLAND AND WALES

October 18-27, 2026

Double - \$5,329; Single - \$6,329

All registration for this trip will be through Collette Tours. Please contact Carol Olson at 269-982-0901 for more information.

An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. Explore Edinburgh's historic ambiance along the Royal Mile and visit Edinburgh Castle. Enjoy medieval York and its historic Minster. See the imposing castle of Conwy in Wales. Walk in the footsteps of the Bard in Stratford-upon-Avon, visiting the childhood home of William Shakespeare. Personalize your tour with a choice of included excursions in Oxford. See the quintessential sights of London with a local guide. Sleepy villages, grassy slopes, mountainside lakes, and cities built upon layers of history - these are the landscapes of Britain. Your tour includes: airfare, 5 handpicked accommodations, 12 meals, local guides, dinner theater in Stratford-upon-Avon, and much more.

**"We have nothing to lose
and a world to see."**

-Rainie Navarro

DONTATION OPPORTUNITIES

There are many ways to donate to our non-profit 501(c)3 corporation and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND

Made to ensure long term sustainability of our organization.



BUILDING FUND DONATIONS

Made to contribute to our direct building expense.

FORGET ME NOT SOCIETY

Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.



HONORARY DONATIONS

Made in honor of someone who has enriched your life.

MEMORIAL DONATIONS

Made in memory of a friend or loved one who has passed away.



PROGRAM DONATION

Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or the Wild Flower Trail.

PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!

CURRENT FUNDRAISERS

BAKELESS BAKE SALE

No baking required! The concept is simple: instead of providing a physical dessert, supporters are asked to make a financial gift of any size to support SJLSSC. All proceeds will go directly toward the SJLSSC Building Fund to help mitigate rising costs and assist us in running your Center. We thank you in advance for your donations.

SUPER BOOKS

Super Books are expected to be here soon. Please call the Center to have your name put on a list and we will call you when they have arrived. Super Books will be \$40 and we will receive \$8 for every Super Book sold at our Center. Thank you in advance for your support!

WALKING TRAIL BRICKS

This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. Bricks ordered now until March 2026 will be available in June 2026. Order forms can be emailed, mailed, or picked up at the front desk.

QUILT RAFFLE

The 2025 SJLSSC Quilt Raffle raised \$886 for our Center! Thank you to both our talented Quilting Group for your dedication to creating such a beautiful piece of work and to those that purchased a ticket. Congratulations to Betty Tosh, the winner of the 2025 quilt, titled "Quilter's Sampler"!



SJLSSC MISSION STATEMENT

The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.



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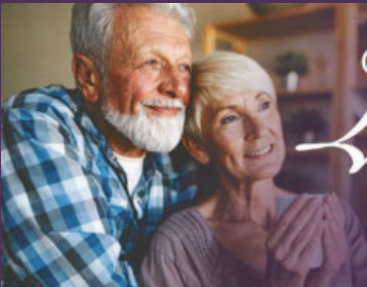


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CENTER NEWS

SNOWBIRD REMINDER

With the Michigan colder months just around the corner, many of our members will be heading south to enjoy warmer temperatures. If you receive our newsletter in the mail, please remember to contact us with the date that you will be heading out of town to place a temporary hold on your newsletter mailing. Simply notify the Center upon your return to have the hold removed. This will help us to avoid having to pay the USPS fee of \$1.07 for every newsletter that is returned to us, as these charges can add up quickly. Thank you in advance for your help in keeping our mailing costs down.

BEGINNER UKULELE

Have you always wanted to play a musical instrument? Now's your chance! The ukulele is fun, easy to learn, and perfect for making music with friends. Join instructor Jim Thurman for Beginner Ukulele on Tuesday, October 7th at 2:00 pm. No advanced registration or experience is necessary—just bring your enthusiasm!

SPEED FRIENDING INTEREST

Are you interested in making new connections? The Center is considering introducing "Speed Friending"—an engaging and low-pressure event designed to help members meet new people and foster companionship. Participants would engage in a series of five-minute, one-on-one interactions where each pair would have a conversation with the help of fun, lighthearted and thought-provoking icebreaker questions. When the time is up, a bell or gentle announcement would signal attendees to move to the next person. This allows everyone to meet a variety of people in a short amount of time. If this sounds like an event that would interest you, please sign up for the "Speed Friending Interest List" at the Front Desk by Friday, October 31st. If we get enough interest, we will make it happen!



Our Senior Center has an Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.

BACK TO SCHOOL

School is back in session and with it comes the need to be more cautious than ever when driving. Please take the time to read the below "school season refreshers" for drivers:

- **Be Extra Alert:** Children can be unpredictable, so anticipate sudden movements and be prepared to stop or react quickly.
- **Slow Down in School Zones:** Even if the posted limit is higher, consider driving slower than the maximum speed limit to give yourself more time to react.
- **Watch for Crossing Guards and Crosswalks:** These areas can be especially busy, so be extra cautious, obey crossing guards, and yield to pedestrians in crosswalks or at the direction of a crossing guard.
- **Avoid Distractions:** Keep your focus solely on the road and surroundings. Avoid using your phone, adjusting the radio, or engaging in conversations.
- **Be Aware of School Hours and Bus Stops:** School zones and areas around bus stops are typically busier during morning drop-off and afternoon pick-up times, so be extra cautious during these periods and be aware of school bus stop laws.
- **Follow School Bus Rules:** You are required to stop at least 20 feet behind a stopped school bus when its red lights are flashing and its stop arm is extended.



CENTER NEWS

In addition to the kaleidoscope of colors on our trees, autumn also ushers in cooler temperatures. For some folks this will be a relief, for others it's the dreaded sign of things to come. We do our best to keep thermostats in the building set to temperatures that will be comfortable for most. This means that rooms where exercise classes take place will be set at cooler temperatures. Please keep in mind that we all have different body temperatures and we ask that members please dress accordingly for yours.

Singing Christmas Carols with the Choir

Get in the holiday spirit with the SJLSSC Silver Tones! If you enjoy singing Christmas carols, you're invited to join the choir in Friendship Hall on **Mondays at 1:30 pm, starting October 27th**. They will be practicing familiar holiday songs to bring cheer to local senior living facilities in November and December. All are welcome—the more, the merrier!

LIVELY STEPPERS REACH LAS VEGAS!

The 2025 Lively Steppers walking program saw tremendous participation. Collectively, from June 1st through August 31st, **Lively Steppers walked a total of 3,215 miles, or the distance from the SJLSSC Senior Center to Las Vegas, Nevada AND BACK!** What a great accomplishment for our 16 participants! Thank you to everyone that participated and a big thank you to Shelley Wheeler for keeping track of miles and handling all of the calculations.

SENIOR NUTRITION UPDATE

Our Senior Center is committed to providing the most valuable programs and services for our growing membership. As our community expands at a steady pace, we are taking steps to better utilize our space to serve your evolving needs.

After careful consideration, and based on the limited participation in the meal service, we have decided to end the Senior Nutrition meals at our Center after September 30th. We sincerely thank Senior Nutrition for their dedicated partnership over many years, as well as for their service to the wider community. We wish them all the best.

For those who rely on this service, please know that lunches will still be served at other Senior Centers across Berrien County. You may also be eligible for their home-delivered meal program; for details or questions, please contact their office at 269-925-0137.

We also want to extend our heartfelt gratitude to Bill Schiffbauer, our Senior Nutrition Manager, for his years of service and for fostering lasting relationships with so many of you. He has been a true asset to our team.



A HEALTHY WINTER FOR OUR COMMUNITY CENTER

With the colder months arriving, let's work together to keep our community healthy. If you feel under the weather, please prioritize rest and stay home to recover. Your consideration helps protect everyone who visits our Center. We look forward to seeing you when you're feeling better!





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PROGRAMS

ANNE'S REAL ESTATE ROUND TABLE

Thursday, October 2nd, 1:00 pm

Join Anne's Real Estate Round Table guest speaker Lori Thompson, attorney with Passaro, Khan, Taylor, DeFrancesco & Thompson Law Offices, P.L.L.C., for answers to real estate legal questions, such as: How to hold title so my property will avoid probate? What are the pros and cons of a Lady Bird Deed? Will the way I title my property affect Medicaid? Mark your calendar for this relevant event regarding planning your real estate. **Please sign up to attend.**



GENEALOGY 2: TRUTH IN GENEALOGY

Thursdays, October 9th, 16th, 23rd & 30th, 1:00 pm-3:00 pm

Join Aloma Custer for this 4-class series where she will discuss genealogical sources, documentation, facts, and fiction. By the end of this course participants will be able to: identify different types of genealogical sources and evaluate their reliability; properly document findings with accurate and consistent citations; distinguish between verified facts and family myths or unproven stories; and, apply critical thinking to genealogical research to prevent the perpetuation of errors. This class is a continuation of the Beginning Genealogy class and genealogy research experience is required. Students are asked to bring their own laptop, if possible. Please plan on attending ALL classes when you sign up as consecutive lessons will be taught each week. **Class size is limited and registration is required.**

FLU SHOT CLINIC

Tuesday, October 21st, 8:30 am-11:30 am

Protect yourself this season by joining our flu shot clinic on Tuesday, October 21st, hosted by Corewell Health. **Medicare or other insurance is required, no other payments will be accepted. Please bring your Medicare card, drivers license and any supplemental coverage cards you may have with you to your appointment.** As in past years, the flu shots will be regular dose or high dose options. The CDC criteria for high dose is 65 years and older. The shot is given in the upper arm, so please dress with that in mind. **Advance registration is required. You will be asked to share the type of shot you want (regular or high dose) at registration.**

FINDING YOUR BEST MEDICARE PART D PLAN

Tuesdays, October 21st or November 18th - See below for available times

Join Bob Hopkins for a helpful workshop to simplify your Medicare Part D plan selection on the mymedicare.gov website. Bob will walk participants through the registration process and help find the plan that is right for you. **Workshop participants must bring to the session: a complete list of prescription meds (including strength and dose), a list of pharmacies you currently use or are willing to consider using, and your Medicare card.** There will be four 90-minute sessions to choose from each day: 8:30 am-10:00 am, 10:15 am-11:45 am, 12:30 pm-2:00 pm or 2:15 pm-3:45 pm. **Please contact the Center to sign up for the session of your choice. Space is limited.**

DIGITAL SKILLS: FINDING RELIABLE INFORMATION ONLINE

Wednesday, October 22nd, 10:00 am

Online misinformation is a serious threat, and many people share misinformation they read online because they don't pay close attention to sources and/or content. For senior citizens, finding reliable sources requires a healthy dose of skepticism and an awareness of digital red flags. Join Brian Johnston, Lincoln Township Public Library Adult Services Librarian as he discusses how to ensure information is trustworthy and provides general guidelines for those looking to confidently and safely navigate the digital world. **Space is limited and advanced registration is required.**

FUN COLLABORATIVE CHALLENGES

Monday, October 27th, 1:30-3:30 pm

Looking for a fun way to connect with others? Challenge yourself by working together to solve intriguing problems, and watch new friendships blossom and old ones deepen! Join Gil Herman for a riveting murder mystery event where you will determine factual information from the Scene of the Crime and work to solve a Murder Mystery. The session begins with a lighthearted activity designed to help participants get to know each other. **Space is limited and registration is required.**



SJPS BOND PROPOSAL INFORMATION

Monday, October 27th, 11:00 am

Join St. Joseph Public Schools Superintendent Kristen Bawks as she answers questions and explains the district's priorities for the upcoming bond proposal, which carries no increase to the current 3.7 mill tax rate.

PROGRAMS

SPOOKTACULAR HALLOWEEN PARTY!

Friday, October 31st, 1:00 pm **MUST SIGN UP BY OCTOBER 24th**

Get ready for a howling good time! Members are invited to join us for the annual SJLSSC Halloween bash, packed with ghoulish fun and a chance to show off your creativity. Dust off your cobwebs and prepare for our costume contest, where you could win fantastic prizes for the most creative, spooky, or hilarious outfit. We'll also have a frightfully good time with music, light refreshments, and plenty of festive fun. **Advanced registration is required.**

ART CO-OP WORKSHOP

OFF SITE CLASS

Mon, November 3rd or Tues, Nov 4th

1:00 pm-4:00 pm

\$30 per person, payable at sign-up.

NO REFUNDS.

Make checks payable to Create with Clay

DEADLINE TO REGISTER IS OCTOBER

29th

Work with a Create with Clay instructor to make a ceramic Christmas tree. This class will take place at the Create with Clay Studio (1403 Castle Court, St. Joseph - off Washington Avenue, between John Beers and Marquette Woods). All materials will be provided. Your piece will be fired and returned to SJLSSC for pick-up before Thanksgiving. Due to the popularity of past workshops, two sessions of this class are being offered. **Class size is limited and advance registration is required. Please choose class date at time of registration.**

MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

Tuesday, November 4th, 10:30 am-2:30 pm

The Secretary of State Mobile Office brings services directly to the residents of Michigan through partner organizations. The streamlined mobile office offers a vast majority of Secretary of State services, including processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. The SoS Mobile Office will be available to meet with St. Joseph-Lincoln Senior Service Center members only. **Registration is required for this event.**

PACE OF SOUTHWEST MICHIGAN

Wednesday, November 5th, 1:30 pm

Join PACE (Program of All-Inclusive Care for the Elderly) staff members as they share information about a unique healthcare solution for seniors who struggle with health issues that may jeopardize their independence. Most seniors prefer to age in the home they love. PACE services are designed to help seniors remain safely in their home while also providing much needed respite for family caregivers. Learn more about the PACE program and their comprehensive team of healthcare professionals. **Advance registration is required.**

COREWELL HONORS VETERANS

Friday, November 7th, 1:30 pm

Join Stephanie Kostizen of Corewell Health Veterans Support Services for a presentation honoring the veterans in our community. In addition to a ceremony celebrating your service, this presentation will feature an overview of local resources and community options available to veterans, as well as a Q&A session to address specific needs, and look at how Corewell Health provides for the unique needs of veteran patients. If you have a history of military service, please share your branch and era during registration so we can properly acknowledge your service.

Registration is required for this event. Please share your branch and era of service when you register.

MOSAIC JEWELRY CLASS

Thursday, November 13th

1:00-3:00 pm

\$20 per person, payable at sign up

Make checks payable to Barb Freridge



Barb Freridge returns to teach you the art of making mosaic jewelry. In this class you will be making a pendant necklace using beads and metals. If you have a tiny piece of keepsake jewelry, feel free to bring it. Beads, bezel and cord will be provided. These stunning pieces would make a great holiday gift for a loved one, or treat yourself! **Class size is limited and advance registration is required.**

IMPORTANT REMINDERS



Our newsletter is our **major line of communication** with our members. We strive to provide you with up-to-date information when the newsletter goes to print, which is about two weeks before we mail it. Please take the time to look at this newsletter each month so that you can stay informed on all of the important happenings at our Center.



IMPORTANT
INFORMATION

Please **call ahead** if you need loan equipment.

To be eligible to use the services at our Senior Center, **you or your spouse need to be 60 years of age or older**. You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

We are **not accepting puzzles over 500 pieces**.

Please remember if you have robo call blocker, **you will not receive our calls**.

Please remember that you will only receive robo call updates on programs that you have signed up for in advance or classes you have checked in for in the last six months.

We are asking that everyone **exit our Center by 3:45 pm** so the Staff can securely close our building. All doors will be locked at 3:00 pm, EXCEPT for the main entrance, (door #1). We appreciate your cooperation!

We only accept **cash or checks for all payments** to our Senior Center.

Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.

Please **arrive at least 10 minutes before a program begins** so you are not interrupting a program by arriving late.



Halloween's roots are in the Celtic Festival of Samhain, which took place around 2,000 years ago. It was a celebration of the end of summer and the harvest, and the Celts believed that the line between the living and the dead became blurred.

IMPORTANT REMINDERS

Remember to **sign in** when **entering the building** for any reason, even to sign up for a trip, return a library book or sign up for a program. You need to go through the screens until you find the activity/activities you are here to attend and remember to hit **FINISH** when done so it will log your day's activities.

If you cannot attend a program you've signed up for, **please call and cancel**.

We have a **large library** filled with fiction and non-fiction books, as well as audio books, current magazines & DVDs. Please check these items out at the front desk.

Our **Library is not presently accepting book donations**, however we are accepting magazines which should not be older than 3 months.

If you would like an email reminder when the newsletter is posted online, please email us at support@sjlsc.org.

We are **not accepting** fabric donations at this time.

If you **misplaced a personal item** such as a book, eyeglasses, or clothing, please stop at the front desk and we will point you in the direction of our Lost & Found.

Please **remember to sign up** for all programs that you'd like to attend.

Be sure and check the "Community Resource Center" bookcases located in the SJLSSC Game Room for information about assisted living facilities, bereavement counseling, senior care, veterans, MMAP, safe pill disposal, recycling events and more.

We are **in need of sympathy cards and light colored envelopes**. Please no Christmas cards at this time.

REMINDER
Please **check the Recurring Schedule page every month**. If we know that a class is cancelled when the newsletter goes to print, we will note it and you will not receive a robo call.

2nd Annual Walkathon

The 2nd Annual SJLSSC Walk-a-thon took place Wednesday, September 3rd on the Center walking trails. Thank you to everyone that participated in this fundraiser and helped us raise **\$3,606** toward Center operations!

RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	8:30 am - Zumba NO CLASS 10/3 & 10/10
9:30 am - Quilting Group	9:30 am - Pinochle	9:00 am - Greeting Card Making	10:00 am - Range of Motion NO CLASS 10/9	9:30 am - Chair Yoga NO CLASS 10/3
10:00 am - Calisthenics NO CLASS 10/6	10:00 am - Range of Motion	10:00 am - Calisthenics NO CLASS 10/1	11:00 am - Tai Chi	10:30 am - Beginner Pickleball SESSION STARTS AT 11 AM 10/17 NO SESSION 10/31
10:00 am - Jokers and Marbles	11:00 am - Chair Drumming	11:00 am - Balance Class NO CLASS 10/1	12:30 pm - Beginner Pickleball 1st and 3rd week	12:00 pm - Parkinson's Exercise REGISTRATION REQUIRED
11:00 am - Balance Class NO CLASS 10/6	12:30 pm - Advanced Pickleball	11:45 am - Cardio Drumming NO CLASS 10/1	12:30 pm - Scrabble	12:00 - Intermediate Pickleball NO SESSION 10/31
12:00 pm - Tai Chi	12:30 pm - Advanced Ukulele	12:00 pm - Parkinson's Exercise REGISTRATION REQUIRED	12:30 pm - Hand & Foot Cards	1:00 pm - Euchre
12:30 pm - Hand & Foot Cards NO SESSION 11/4	1:00 pm - Euchre	12:30 pm - Dominoes	1:00 pm - BINGO 2nd & 4th week	2:15 pm - Cornhole
1:00 pm - Art Co-Op See bulletin board for weekly topic	2:00 pm - Beginner Ukulele	1:00 pm - Mah Jongg	2:00 pm - Intermediate Pickleball 1st and 3rd week NO SESSION 10/16	 
1:15 pm - Beginning Line Dancing	Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.	1:00 pm - Advanced Pickleball		
1:30 pm - Choir Class		1:00 pm - Stitch & Chat		
1:45 pm - Intermediate Line Dancing		2:30 pm - Intermediate Pickleball		

WHAT WE HAVE TO OFFER

- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Board Games
- Book Club
- Cards/Games
- Circuit Training Room - Open 9:00 am-3:00 pm
- Community Resource Center
- Computer Lab
- Educational Programs
- Fitness Classes
- Foot Clinic
- Friendship Garden (Seasonal)
- Garden Nook
- Golf League (Seasonal)
- Hanes Family Wild Flower Trail
- Healthy Eats - M-F 11:00 am - 1:00 pm



- Lending Library
- Loan Closet
- Pickleball
- Priscilla Upton Byrns Walking Trail & Gardens
- Puzzles (to take home)
- Softball (Seasonal)
- Transportation In Our Service Area
- Trips
- Ukulele Classes
- Videos Of Exercise Classes On Our Website
- Videos Of How To Properly Use Our Circuit Training Room & Fitness Zone Equipment On Our Website
- Volunteer Opportunities
- Website & Facebook
- Wood Shop - Open Tues-F 9:00 am-3:00 pm, Closed Mondays through 11/3



WOOD SHOP

WOOD SHOP GENERAL INFORMATION

CURRENT HOURS/DAYS OF OPERATION

Tuesday-Friday 9:00 am-3:00 pm

CLOSED MONDAYS THROUGH 11/3

To use the Wood Shop, you must be a current member of SJLSSC and schedule an appointment for a mandatory Safety Orientation Class, **which are on Wednesdays only**. Orientation Classes are \$20 and last approximately three hours. Appointments can be made at the Center front desk at least two business days in advance of the class. **The class fee includes a 1-month membership, which begins on the first business day after the orientation, as well as the materials and instruction needed for a wood shop project, to be completed during your first month.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; \$2 for regular safety glasses and \$5 for glasses that fit over a prescription.

To use the Wood Shop after orientation, you need to have an active Wood Shop membership and sign all membership documents. All fees are to be paid at the front desk before you can use the Wood Shop.

Wood Shop Membership Fees

- \$5 daily fee
- \$20 monthly fee
- \$30 monthly fee for couples
- \$200 yearly fee or \$300 yearly fee for couples.

NO REFUNDS AFTER PAYMENT IS RECEIVED.

Please ask for a copy of the Member Guidelines so you are aware of how the Wood Shop operates. For more details on the Wood Shop please call or stop at the front desk.

WOOD SHOP CUTTING BOARDS FUNDRAISER – AVAILABLE NOVEMBER 1

Christmas is coming, let the wood shop help you with your shopping list. These custom handmade walnut, maple and cherry cutting boards make great gifts for your loved ones (or maybe for yourself?!).



Want to add a personal touch? Let us engrave their name on the cutting board. Just fill out the engraving sheet when you purchase the cutting board and we will have that engraved for you in 3 business days.

Cutting boards sizes and costs

10 x 16 = \$45

10 x 12 = \$40

Add a personalized engraving for \$10 per cutting board

WOOD SHOP PROGRAMS

TURNED HANDLED KITCHEN TOOLS

Thursday, October 9th

3:00 pm-6:00 pm

Instructor: Tom Hurst

Open to SJLSSC Wood Shop members only

\$50 per person, payable at sign-up

NO REFUNDS

Make three lathe turned items for your kitchen and for entertaining. You will create an Ice Cream scoop and a bottle opener by custom turning handles on the lathe and a custom turned decorative bottle stopper for wine, vinegar or oil bottles. Basic Lathe Turning course completion or proven turning experience is required for this class.



PEPPER OR SALT GRINDER

Friday, October 10th

9:00 am -12:00 pm

Instructor: Doug Somers

Open to SJLSSC Wood Shop members only

\$30 per person, payable at sign-up

NO REFUNDS

Love fresh ground pepper or salt and enjoy working with your hands? Then this is the class for you! In this class you will turn either an 8" pepper grinder or an 8" salt grinder. All materials needed will be provided. Basic Lathe Turning course completion or proven turning experience is required for this class. Class size is limited, so register early.



PICTURE FRAMES & BASIC MATTING

Thursdays, October 16th & 23rd (2-day class)

3:00 pm-6:00 pm

Instructor: Glen Peterson

Open to SJLSSC Wood Shop members only

\$50 per person, payable at sign-up

NO REFUNDS

During this 2-session class, students will learn the woodworking skills needed to make simple picture frames. Students will make 2 small frames, suitable to display postcards. One frame will have mitered spline corners and the other will have button joints. The class will also cover basic matting. The goal of the class is for every student to be comfortable with the woodworking skills, tools, and machinery so they can make frames of any size. Class size is limited, sign up soon.



EPOXY RESIN TECHNIQUES

Tues, November 4th & Wed, November 5th (2-day class)

3:00 pm-6:00 pm

Instructor: Tom Hurst

Open to all SJLSSC members

\$20 per person, payable at sign-up

NO REFUNDS

Learn about using two part epoxy as an adhesive, void repair and color fill embellishment to your projects, while also doing a resin cast, river pour cutting board. Students will work with clear and colored epoxies, thickening agents and structural reinforcements. This is a two day class to allow resins to cure. Students will abrade and polish their work on day two.

50TH ANNIVERSARY CELEBRATION



SILVER TONES SURPRISE!

The Silver Tones Choir surprised the group with a special song dedicated to our Senior Center, with words by choir member, Karen Wagner. It was a big hit!

SJLSC

(to be sung to the tune of YMCA)

Seniors, there's no need to feel down, I said
Seniors! Pick yourself off the ground, I said
Seniors! 'Cuz you're now fully grown,
There's no need to be un-hap-py!

Seniors, there's a place you can go, I said
Seniors! When you're short on the dough, I say
Come on! And I'm sure you will find
Some new friends and have a good time!

CHORUS

It's fun to come to the SJLSC
It's great to play at the SJLSC
They have everything for a Senior to use,
Walkers and bath chairs too!
It's fun to talk at the SJLSC,
To play some cards at the SJLSC
Also, pickleball, eat, paint a canvas or two,
You can do what you want to do!

Seniors, are you listening to me? I said
Seniors! Do you have time that's free? I said
Seniors! You can learn a new skill,
But you've got to know this one thing.

No one does it all by himself, I said
Senior! Put your pride on the shelf, and just
Go there! To the SJLSC, You'll see
There's a place for you there!

CHORUS

Seniors, I was once in your shoes, I said
I was down and out with the blues, I felt
No-one cared if I were alive, I felt
The whole world was so sad. That's when
Someone came up to me, then said
Senior! Take a ride on this van
To the Center called the SJLSC
It will be your second home now!

It's fun to go to the SJLSC
It's great to play at the SJLSC
They have everything for us to enjoy,
You can stay 'til 3 forty 5!

Follow us to the SJLSC,
Come on down to the S-JL-S-C!

THANK YOU DONORS!

TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Walgreens, Barb Klein, Dale Spencer, Dolores Frantz, Sally Matzke, Rachel Kaufman, Jerry Geiger, Janet Smiedendorf, Diana Schmaltz, James Artwohl, Roxanne Beck, Phil Whitehead, Donna Lyon, Betty Ramsey, Jane Jeffrey, Lisa Hilton, Linda Kurzynski, Darcy Stuck, Connie Yore, James Artwohl, and Anonymous Donors

TO EVERYONE WHO DONATES OTHER ITEMS THAT BENEFIT THE CENTER AND MEMBERS:

Walgreens, Jim Hlifka, Harriett Reed, Gegg & Kim Blanchard, Maxine Doyle, Fran Richards, Celina Bevelhymer, Dolores Frantz, Betty Ramsey, Barb Mach, Betty Wagner, Cindy Fielding, Connie Yore, Lynn Hardke, Pauline Fox, Priscilla Banghart, Phil Whitehead, River Valley Senior Center, Gerry & June Wildeman, and Renewed & Restored Resale Shoppe

MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Celina Bevelhymer, Kathy Garbarino, and Anonymous Donors
- **Donations to the Building Fund:** Anneliese Keehn, Jill Murphy, Patricia Forbes, Karen Schiltz, Ann Schroeder, Gertrude Krajecki, Donna Kirby, David Golladay, and John & Helen Schlaman
- **Donation to the Circuit Training Room:** Jackie Brenneke, Dennis Rennhack and Pauline Fox
- **Donation to 2nd Annual Walk-A-Thon:** Cindi McLaughlin, Sue Allen, Merrily Smith, Barb Gray, Curtis Osmun, Paul Sanchez, Kathy Swanson, Chad Deja, Kevin Deja, Barb Deja, Ray Deja, Cathay O'Brien, Eric Twizzell, Betty Tribodeau, Mandy Welden, Cindy Mitchell, Barb Gray, Julianne Testa, Constance Slater, Bruce Molineane, Gordie & Niki Schreiber, Karen Christman, Judy Hoffman, Diana Swartz, Barb Maruk, Michelle McCoy, Bob Beemer, Clementine Brueck, Mark & Janice Johnson, Jim & Bonnie Hlifka, Susan Craw, Barb Lackner, Pam Dolezan, Steve & Karyn Fricke, Patty & Steve Nordberg, Tom & Jean Oatman, Cathy Eppard, Ann Niedbala, Mary Sundblad, Tom & Lisa Swank, Steve & Pauline Fox, Shelley Wheeler, Anonymous Donors, and Various Clients
- **Donation to Parkinson's Exercise:** James Thompson
- **Donation to the Brick Fundraiser:** Bethany Teifke, Sue Plummer, Blossomland Gem & Mineral Society, and Donna Kirby
- **Donation to the Wood Shop:** Becky Bradley, Johannes Willer, and Michael & Jami Zeller
- **Donations to the Loan Closet:** Marcia Bowers, Brenda Lyons, Karen McCourt, John Stuber, Bobbie Gullledge, Darlene Damaske, Pete Parron, Dave Sudhoff, Caryn McFall, and John Hopkins
- **Donation to the Library:** Lynette Wright
- **Donation to Thrivent Choice Dollars:** Bob Hopkins

SPECIAL THANKS:

- Many thanks to Culver's for donating custard cups for our 2nd Annual Walk-A-Thon in September and to our Fundraising Committee for coordinating this event.
- A special thank you to Kody McLaughlin, Upton Jr. High's football team coach, with his family members and a few players for shoveling mulch in our gardens.
- Many thanks to the Andrews University students who came to our Center and assisted with several outside projects, we appreciate it very much!

WISH LIST

Coffee - Regular & Decaffeinated
Individually-wrapped candy
Bottled water

HEALTHY EATS FALL MENU

Looking for a quick, delicious, and wholesome meal? Stop by Healthy Eats presented by Base Bowls & Co. in Friendship Hall! Open Monday through Friday, 11:00 am to 1:00 pm, Healthy Eats serves a tasty variety of daily-made soups, salads, and sandwiches. Plus, starting October 6th, you can pre-order hot meals on Mondays, Tuesdays, and Wednesdays. Just register at the Healthy Eats counter on Fridays to secure your plate for the following week. Remember to check in on the entrance monitors when you arrive. Payment is cash only, and while they don't sell drinks, you are welcome to bring your own!



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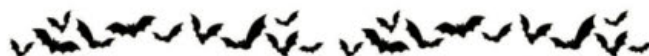
AND ALL OF OUR WONDERFUL VOLUNTEERS!

HELPFUL PHONE NUMBERS

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

OCTOBER ACTIVITIES

- 2 Anne's Real Estate Round Table** 1:00 pm
- 6 Art Co-Op** 12:30-3:00 pm
- 8 Book Club** 10:00 am
- 9 Board Election** 8:00 am-3:00 pm
- 9 Bingo \$2** 1:00 pm
- 9 Genealogy Research 2** 1:00-3:00 pm
- 9 Wood Shop: Kitchen Tools** 3:00-6:00 pm
- 16 Wood Shop: Pep/Salt Grinder** 9:00 am-12:00 pm
- 16 Board Meeting** 10:00 am
- 16 Wood Shop: Frames & Matting** 3:00-6:00 pm
- 17 Annual Board Breakfast** 9:00 am
- 17 Cookies & Canvas** 12:00-3:00 pm
- 21 Flu Shot Clinic** 9:00 am-12:00 pm
- 21 Medicare Part D Plan** Multiple sessions during day
- 22 Digital Skills-Finding Reliable Info.** 10:00 am
- 23 Bingo** 1:00 pm
- 27 Fun Collaborative Challenges** 1:30-3:30 pm
- 28 Stamp Camp** 12:00-3:30 pm
- 29 Newsletter Mailing** 8:30 am
- 30 Bingo \$2** 1:00 pm
- 31 Halloween Party** 1:00 pm



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